

August 2010

Dear Colleagues,

**Welcome to the eighth issue of Eat Right Montana's 2010 campaign: *Treasure Your Family's Health: Back-to-Basics with Food & Fitness*.** This month's packet focuses on building strong muscles for health and well-being, whole grains, and baking yeast breads, with an easy recipe for homemade pizza crust.

This packet is about the power of a healthy lifestyle: building muscle power in order to get more out of life and getting the nutrition power of whole grains. In fact, that's what our materials are all about every month - easy, enjoyable ways to get back-to-basics with delicious food and fun fitness. Here are this month's selections for families:

**Media Release:**

*Extension Agents Help Women Get Strong for Life's Heavy Lifting*

**Nutrition Basics:**

*Smart Reasons to Get into a Whole Grain Habit*

**August Recipe:**

*Homemade Pizza Crust*

**Cooking Basics:**

*Fun Facts about the Science of Baking*

**Fitness Basics:**

*Fun Ways to Get into a Strength Training Groove*

We welcome any comments and suggestions. Wherever possible, we want to incorporate your ideas and put them into our packets. Just send your thoughts to me at [EatRightMT2000@gmail.com](mailto:EatRightMT2000@gmail.com) - and remember, past issues of **Healthy Families** and other ERM materials are available on the ERM web site at [www.eatrightmontana.org/](http://www.eatrightmontana.org/).

*Dayle Hayes, MS, RD*

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**Treasure Your Family's Health: Back-to-Basics 2010**



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**MT Department of Public Health & Human Services**

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## Extension Agents Help Women Get Strong for Life's Heavy Lifting

Ah August in Montana! The final month of summer means lots of physical activity for Montanans - outdoor fun as well as plenty of farm, ranch, and garden work. Thanks to a series of classes taught by Extension agents across the state, many older women are now better able to handle the challenges of daily living.

"Since 2007, over 400 Montana women have enhanced their strength and improved their health with MSU Extension's *StrongWomen*<sup>™</sup> program," says Lynn Paul, PhD, RD (registered dietitian), Extension Food and Nutrition Specialist at MSU in Bozeman. "These classes, taught by me and 23 Extension agents in 15 counties, have been a tremendous boost for how participants feel and what they are able to do. Our research, conducted with Dr. Rebecca Sequin from Tufts University, has documented improvements in strength, balance, endurance, and sleep, as well as reduction in pain from arthritis and other conditions."

The Extension agents who lead *StrongWomen*<sup>™</sup> classes enthusiastically practice what they preach, since they are all required to do strength training themselves. They have numerous stories to share about the benefits of the classes from all corners of the Treasure State.

- **Jona McNamee, Cascade County:** A striking benefit of *StrongWomen*<sup>™</sup> classes is that participants do not break bones when they take a tumble down the stairs or slip on ice in the winter. Stronger muscles help protect our aging bones, plus we actually teach women how to protect themselves in a fall. I also often hear that women in our classes sleep better at night and have fewer aches and pains during the day.
- **Barb Andreozzi, Deer Lodge County:** Ages in our classes range from 42 to 90, with an average around 70 years 'young.' I constantly hear that the participants are able to get back to doing things that they used to do - carrying 25 pound bags of dog food, pulling clothes over their heads easily, and keeping their balance on uneven ground. In many ways, these classes help people maintain an active, healthy, independent lifestyle.
- **Jane Wolery, Teton County:** For me personally, one of the biggest benefits is sleeping better at night. And, researchers have discovered that sleep is very important for both our mental and physical health. Our participants also report quicker recovery from accidents, like falling off a horse, and wonderful improvements in their endurance for the outdoor activities they love, like fly fishing.

"The evaluations for MSU Extension's *StrongWomen*<sup>™</sup> classes have been extremely positive. Overall, the participants rate the class 9.7 on a scale of 1 to 10," notes Paul. "That's why we are doing research to learn how best to deliver programs like this in rural areas of Big Sky country." If you want to be stronger and feel better this fall, Dr. Paul recommends these ways to get into a strength training groove:

- **Contact your county MSU Extension Office to find out about upcoming *StrongWomen*<sup>™</sup> classes.**
- **Visit *StrongWomen*<sup>™</sup> online ([www.strongwomen.com/](http://www.strongwomen.com/)) for a variety of follow-along fitness programs.**
- **Look for local strength training programs through fitness centers or certified personal trainers.**

Past and current issues of Eat Right Montana's monthly packets can be downloaded for free at [www.eatrightmontana.org/eatrighthealthyfamilies.htm](http://www.eatrightmontana.org/eatrighthealthyfamilies.htm)

## 5 Smart Reasons to Get into a Whole Grain Habit

Whole grains come with a whole lot of delicious nutrition in every kernel. That's the benefit of *whole* grains, you get the nutrient richness of bran (outside layer), endosperm (inside), and germ (center) in wheat, rye, oats, and other grains. Here are five important reasons to make *at least half your grains whole*.

### 1. FIBER

One of the most important nutrients found in whole grains is fiber, which keeps your entire intestinal tract running smoothly. However, fiber benefits go far beyond bowel function. Fiber can help reduce blood cholesterol, normalize blood sugar levels, and aid in weight management, since high fiber meals and snacks help increase satisfaction.

### 2. STANOLS, STEROLS, and other PHYTONUTRIENTS

The good news is that whole grains naturally offer a whole lot more nutrition than plain fiber or fiber supplements. Whole grains contain literally hundreds of beneficial plant compounds (phytonutrients). Stanols and sterols are one example. They help lower cholesterol levels by keeping it from being absorbed into the blood stream.

### 3. ANTI-OXIDANTS

These are substances in food that help protect your cells from aging. Like 'rust-proofing' for your car, antioxidants protect your body from negative changes when it is exposed to oxygen. Antioxidants with known benefits for human health include vitamin C, vitamin E, selenium, and several other compounds found in whole grains.

### 4. CARBOHYDRATES

These key nutrients are the body's main source of fuel for moving, breathing, thinking, and learning. Our hearts, lungs, brains, and nervous systems need a constant supply of nutrient-rich carbohydrates (also called carbs) to function properly. Whole grain breads, cereals, crackers, and tortillas are some of the best sources of these 'good carbs.'

### 5. B-VITAMINS and TRACE MINERALS

B-vitamins help your body process carbohydrate energy; they work like spark plugs that help your car use gasoline efficiently. Trace minerals are nutrients that we need in very small amounts. Fortunately, whole grains contain three important trace minerals - copper, iron, and zinc - for healthy hearts, blood vessels, and wound healing.



## Homemade Pizza Crust

### Ingredients:

- ¼ oz. yeast = 1 packet or 2¼ teaspoons
- ¼ cup warm water
- ¼ cup white flour
- 1 tablespoon milk (any fluid milk will work)
- ¾ cup + 3 tablespoons water
- 2 cups whole wheat flour
- 1 cup white flour
- 1 teaspoon salt
- ¼ cup olive oil

### Instructions:

- 1) Mix ¼ oz. yeast, ¼ cup water, and ¼ cup flour. Allow it to sit about 5 minutes.
- 2) In a separate bowl, combine other ingredients and mix together thoroughly.
- 3) Add the yeast mixture.
- 4) Knead entire mixture until the dough is smooth and elastic (10-15 minutes by hand). If dough is sticky, add a dash of flour.
- 5) Shape dough into a ball and place in a large bowl that has been oiled all around (turn dough in the bowl to coat surface with oil).
- 6) Cover with a damp hand towel and allow to sit and rise until doubled in size (about 1 hour).
- 7) Punch down dough and divide it into 2 pieces for two 12-inch pizzas.
- 8) Shape each portion into a 12-inch circle by hand or with a rolling pin. If dough is sticky, toss a little flour onto hands or the rolling pin. As you roll it out, stretch out as necessary to make a thin crust.
- 9) Spread sauce over the top of dough and add your favorite ingredients. Allow to rest for about 10-15 minutes.
- 10) Bake at 475 degrees until crust is golden and cheese is melted about 15 to 20 minutes.
- 11) Cut each pizza into 8 slices.

**YIELD:** Crusts for two 12-inch pizzas

### Suggestions:

If you don't have time to make your own crust, consider buying a pre-made crust or mix (choose whole wheat for added nutrients!) or try using English muffins or French bread for a personal size pizza.

#### For toppings, try something new:

Replace red sauce with barbecue sauce and add grilled chicken, black beans, corn kernels, and red onion. OR, skip the sauce and top crust with olive oil, feta cheese, sautéed mushrooms, and summer herbs.

Growing a summer garden or visiting the local farmers' market? Top a pizza with delicious veggies and herbs fresh from the ground. Serve with a yummy green salad, sit back, and enjoy the taste of summer.

How about a **Must-go** pizza? Anything that "must go" from your pantry or fridge might make a possible pizza topping. Take the opportunity to clean out the fridge and enjoy a delicious homemade meal as a result.

### Nutrition Analysis

Serving Size: 1/8 crust	Total Carb: 19.4 g
Calories: 123	Dietary Fiber: 0.7 g
Total Fat: 3.6 g	Sodium: 149 mg
Calories from Fat: 27 %	Protein: 2.6 g
Saturated Fat: 0.5 g	Calcium: 5.5 mg
Trans Fat: 0.0 g	Iron: 1.2 mg

### Source:

Hilary Graham LaFoley, MS, RD



## 5 Fun Facts about

### The Science of Baking

Have you ever wondered what the ingredients in your favorite recipes do? We might not think of cooks as scientists, but that is what we are when we mix, match, and mess with recipe ingredients. So, the more we know about the ingredients we use in baking, the better our results will be! Here are a few facts and tips for your kitchen.

#### 1. Yeast:

This tiny, one-celled fungus multiplies quickly and makes bread rise. When the yeast eats sugar, it releases carbon dioxide so that the dough fills with bubbles and rises. Kneading (folding/turning/rolling dough) helps develop the gluten (wheat protein), which then strengthens the dough and supports the gas bubbles. **TIP: Too much or too little kneading can cause bread to be heavy and dense; 10 to 15 minutes is usually about right by hand.**

#### 2. Flour:

All-purpose (8-11% protein) is the most common flour. Bread flour (12-14% protein for greater gluten strength) is the best choice for yeast products. Pastry flour (9-10% protein) doesn't work well in yeast breads. Cake flour has the lowest protein. **TIP: Choose the right flour for baking projects. Try substituting whole wheat flour for half of the white flour.**

#### 3. Sugar:

The proper amount of sugar is necessary to provide the right amount of food for the yeast. Remember that yeast releases carbon dioxide gas that gives bread a lift and increases the volume. **TIP: Be careful not to add more sugar than a recipe calls for or it can have the opposite effect. Too much gas breaks the gluten bubbles and makes the bread fall flat.**

#### 4. Salt:

Salt adds more than flavor to breads; it protects them from getting dry and stale too quickly by absorbing water and holding it in. It also helps control the growth of the yeast and strengthens the gluten protein in the dough. **TIP: If you eliminate salt from a bread recipe, reduce the time that the dough rises, so that large air pockets do not have time to form.**

#### 5. Fats (butter, margarine, shortening, or oil):

Fat helps make dough softer and lighter, because fat particles melt when baked and increase the volume. Fat also creams together with sugar, trapping air and acting as a leavening agent when baked. **TIP: Except for pie crust or pastry dough, use fat at room temperature for baking. A heated fat does not incorporate air well and a cold fat does not spread evenly with the other ingredients.**

## 5 Fun Ways to Get into a Strength Training Groove

Strength training, with hand weights, resistance bands, or machines, is not just for body builders or athletes. The benefits of building strong muscles are important for every body - and are even more important as we grow older. Here are five fun ways to get stronger, fitter, and healthier - mentally and physically!

### 1. Take an MSU Extension StrongWomen™ class.

Classes are taught by trained Extension agents in 15 counties. Download a list of contacts and locations at [www.msuextension.org/nutrition/documents/StrongWomenlocations2009.pdf](http://www.msuextension.org/nutrition/documents/StrongWomenlocations2009.pdf). These highly-rated classes have helped hundreds of participants get stronger and feel better. You'll learn ways to continue strength training on your own at home after the classes are finished.

### 2. Use the online StrongWomen™ programs.

The developer of *StrongWomen*™ programs, Dr. Miriam Nelson at Tufts University, offers three specific programs (Strong Bones, Vibrant Aging, and Stay Slim) with background info, follow-along exercises, and a daily log at [www.strongwomen.com/](http://www.strongwomen.com/). If you don't have Internet access, Dr. Nelson has also written numerous books based on the *StrongWomen*™ concepts.

### 3. Check out local fitness centers and gyms.

Most private clubs and public recreation centers offer strength training programs as part of their services. If you belong to a gym or fitness center, make sure to get complete instructions on the use of all equipment. While simple strength training activities are safe for virtually everyone, get permission from your health care provider if you have any serious illnesses.

### 4. Invest in a personal trainer.

Individualized strength training programs can be very helpful if you have previous injuries, special needs, or just do better in a one-on-one situation. Make sure that the trainer maintains certification with a national program, such as American Council on Exercise (ACE). Ask for recommendations from other current clients and talk to them about their experiences.

### 5. Sign up with a training buddy.

Wherever and however you decide to do your strength training, many people do better with a friend. Consider signing up for a group class with a friend or family member; that often makes it easier to get up and go to class when you may not feel like it. Most personal trainers are willing to work with two or three folks at a time as well.